

My Toddler

at 15 months



Infant Vaccines

15 month vaccines::

- DTaP



Please call my health care provider or the Health Department (231)9956131 to make an appointment.

Show me love by . .

- Giving me a safe place to play and explore.
- Helping me see how crayons work. Learning with someone is more fun.
- Praising me and making me feel loved, secure and accepted by you and others.
- Talking to me and telling me the names of things I want like “cheese”, “book”, “car”, and “water”. Encourage me to say them too!
- Reading books to me while pointing out names of objects and pictures.
- Giving me toys to roll, push, pull, stack and spin.
- Letting me stack, sort and dump objects of different sizes.

Keep me safe ...

- Avoid food that can cause choking, such as nuts, popcorn, hotdogs, or grapes.
- Continue to use an approved car seat.
- Talk to your child's doctor about lead poisoning if your child:
 - ◊ lives in or regularly visit a house built before 1978 with recent remodeling or peeling/chipping paint.
 - ◊ Lives with anyone exposed to lead through automotive repair, fishing equipment like lead sinkers, plumbing, pottery, or factory work which releases lead.
- By never leaving me unattended in a bathtub or near water; never be more than an arms' length away.

By the 15th month...

- ♥ Your toddler can probably walk now and enjoys being able to explore with supervision.
- ♥ Your toddler may enjoy playing *near* other children, but not necessarily *with* them.
- ♥ Your toddler may enjoy local playgroups.

Watch me grow! I can . .

- Grow 5 inches between 1 and 2 years old!
- Gain about 5 pounds between 1 and 2..

What I need . .

- To be offered healthy foods at snack and meal times.
- 16-20 ounces of milk daily; small servings may come from milk, cheese or yogurt.
- Limited juice—1/2 cup a few times a week.
- 2 fruit and 2 vegetable servings a day. (one serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit).
- 2 protein servings daily; cheese, meat and eggs.
- 6 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.

Don't forget . . . I can

- Eat finger foods. I like eating these!
- Use a spoon and still be messy.
- Eat with the family.
- Have a decreased appetite as my growth slows down and I'm busy exploring my world!
- Sleep 10-12 hours at night.
- Nap one to two times per day.
- Sleep in my own bed.

You can take care of my oral health by...

- Cleaning my teeth after meals and before bed with a soft toothbrush.
- Limiting sippy cups to meal times.

(231) 995-6112



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Exploring my world . . . I can

- Walk alone.
- Say 3-6 words.
- Scribble.
- Point to 1 or 2 body parts.
- Show interest in books.
- Enjoy playing with boxes, spools, blocks, pots and pans.
- Enjoy playing near other toddlers but not with them. I may give them toys then take them back.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Take off my clothes
- ✓ Use a spoon or fork
- ✓ Scribble
- ✓ Say 3-6 words
- ✓ Walk well



The Path to Reading...

15 months

You can:

- ★ **Find** short books and books with a few words per page.
- ★ **Let** your toddler lead the way. Talk about what he points to and don't worry about reading the "whole" book.
- ★ **Put** books where your child will be. Keep books in the car, take them along while shopping, or take them along on a doctor's visit.

Book Corner: Children at this age are becoming more and more aware of things around them. Find books that show pictures, and objects such as word books. Read books with photos of children doing familiar things, like sleeping or playing.

Check out these websites for FREE info!



WIC Website for Feeding Information
www.wichealth.org



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



POISON CONTROL
Available 24 hours a day
7 days a week
1-800-222-1222



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This institution is an equal opportunity provider and employer.

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.